

# Fruit and vegetable resources/tools

Produce for Better Health's website: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

Click on the *Get Kids Involved* tab to

- access the new kids' website FoodChamps.org
  - includes games, activities, downloadable recipes, coloring sheets, and activities
- discover Top 10 Ways to Get Kids Involved
- locate Kid-friendly recipes and more

Centers for Disease Control's Website: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

This website has a wealth of information, including fruit and vegetable benefits, fruit and vegetables of the month, what counts as a cup, interactive tools, recipes, and more.

Click on the Publications page to find *Explore the World with Fruits and Vegetables*. This campaign was developed to provide fun ideas for educators to encourage schoolchildren and their parents to eat more fruits and vegetables by exploring new tastes provided by cuisine from around the world. You can download a leader's guide, brochure, poster, interactive worksheets, and recipe cards.

PBH catalog: <http://www.pbhcatalog.com/>

The PBH catalog includes a variety of educational and promotional items available for purchase.